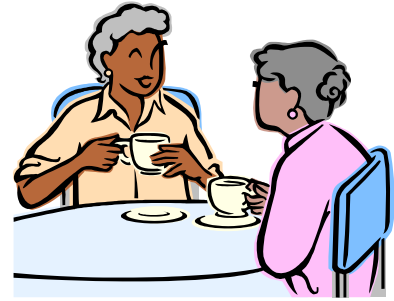


Buddy Up! Activities



Suggested guidelines for buddies

1. Your buddy can be a coworker or anyone that you eat with regularly during the workweek.
2. You and your buddy should be able to mutually select one or more of the suggested Buddy Goals and Activities.
3. Your buddy should be someone that you feel comfortable talking with about food. Buddies should be respectful and supportive of individual health and nutrition goals.

Meal and Snack Swaps

Buddies who select Meal or Snack Swap as an activity should

- decide on the day that the meal swap will occur. Agree on a contingency plan if one buddy gets sick, has unexpected travel, etc. Snack swaps work best if the snacks are brought in at the start of the workweek.
- ask each other about any food allergies, food intolerances (e.g. lactose intolerance) or avoidances.
- agree on a few simple ground rules, e.g. if it's OK to bring frozen or convenience foods.
- offer positive feedback to the food preparer!

Whether you're swapping or just enjoying more brown bag lunches with your buddy, give things a new twist. Consider a change of scenery, a couple of placemats or silly napkins! Looking for more help? Browse the **Educational Materials**.



Dining out or take-out food

- If you've set a goal to brown bag-it more often, congratulations! Eating out can be hazardous to your health. It can help to ask questions about food preparation at the restaurants you visit often. Asking questions not only helps you make healthier decisions, it also helps to educate restaurant staff. Buddies can help each other by suggesting different restaurants and supporting each other's healthier food choices. Most national chains have web sites with nutritional information.

Food Finder (Based on the book *Fast Food Facts* by the Minnesota Attorney General's Office) <http://www.olen.com/food/>

Restaurant Confidential, Center for Science in the Public Interest, Workman Publishing, 2002.

- Agree ahead of time to split an entrée (&/or dessert if you usually both order). Spend some of the saved calories on a salad, piece of fruit or frozen yogurt.

Support each other's healthy eating strategies in work situations that include food, e.g. potlucks, food brought into meetings, break rooms, etc.

- When the donuts arrive, go for a 5-minute walk with your buddy or compromise by sharing one.
- If your work group enjoys frequent potlucks that tend to go to "waist", you and/or your buddy can plan to bring something that won't sabotage your goals. See **Potluck or Potbelly** for more ideas.
- Positive and encouraging words go a long way, e.g. "I know it was hard for you to pass by the vending machine this week – way to go!" Give a **FWB Thank You Note** to coworkers who are building a healthier food culture.